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THE COORDINATION OF MOVEMENTS OF THE FOOTBALL PLAYERS: THE ROLE OF THE VISUAL ANALYZER OF THE BALL

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(Studied the characteristics of the system of vertical stability of the players with the level of sportsmanship. It is shown that a highly skilled athlete in the preparatory phase keeps the center of gravity in the initial position, after which he moves forward through the swing and comes back).

In last years a lot attention given the bottom to increase functional state central nerve- Noah system and nerve- muscle apparatus man when physical loads. However the problem phisiological-strategic ensure some difficulties DWI- pigments, additional action have the sportsmen remains of not enough investigated.

In it same time level skill athlete in a lot depends from it ability to manage system motion. which in the process workout constantly improved. Efficiency management movements when Performance target action determined physiological mechanisms with participation which is regulation Motor activities Accordingly, it improvement processes regulation movements determining re- out bumps at the ball is physiological of the basis technical training athletes. High achievements in sports today impossible without objective control functional system of the body athlete without accounting physiological patterns of the mechanisms of the control the engine-governmental actions.

The results of the such research can to serve the basis for development practical recommendations at organization sports selection on various stages sports improvement for physiological support training process and development methods operational control. Goal the study system vertical sustainability have players with given level sports skill.

Materials and methods. Was held analysis DWI- burning common center gravity (BCT) when run strike at the ball internal party foot average part lifting External party foot the footballers have various qualifications. for evaluation function balance when Run strike at The ball used a test Was surveyed 30 athletes players In age 18-27 years. All surveyed included in the main medical group First group (the players low qualification) made cadets (20 people) working in football more three years participants teams faculty and University Having sports level. Second group (the players high of professional skills team party Prime LEAGUE championship Ukraine.

The results and discussion. It is presented that bumps the players analysis run is mi different qualifications. Gravity dynamics Curve the center from beginning swing to complete movement. seen what athlete In preparatory phase holds in position And, after forward at trajectory qualifications strike and returns ago. The bottom player already in preparatory phase does move ago In The time run strike trajectory movement BCT curved what significantly reduces effective movement. In the final phase for retention balance athlete performs the vibrations movement in both side. The present stabilographic of the show bodies! when run bumps at the ball players various qualifications When run strike internal party foot offset at frontal it reliably below have athletes High Qualifications. When comparison offset And average corner speed reliable differences between groups. When run strike at the ball average part lift indicators offset at frontal and offset and makes it to have the sagittal between athletes different qualifications significantly not different.

When run strike at the ball External party the indicators offset at frontal In studied groups significantly is not seen, and offset reliably it above in group the low-skilled. Value average linear speed In group highly qualified reliably Above the the company low-skilled players value (average corner speed Have players different qualifications significantly was similar. Received results show.

On the existence of fundamental differences In technology Run bumps at the ball ear qualified players Revealed highly qualified run bumps differences related with appliances also with character move BCT athlete.

To assess the role of visual analyzer in maintaining the balance test was used Romberg with open and closed eyes in each of the studied groups. From low-skilled athletes, there is an increase in offset frontal with closed eyes, and the sportsmen of high qualification change slightly. When comparing the magnitude of the offset was sagittale. It is evident that low-skilled athletes with the eyes closed, the offset decreases, and the players of high qualification increases, but only slightly. The average travel speed TPO is increased compared to the rate of change of the square. The players with low skills in private grams can be noted that great. The eyes that speaks of lower resistance. In the bathrooms of the athletes, the figure is almost unchanged. When closing the eye, and in athletes of low qualification, by contrast, is significantly reduced.

Important indicator of the quality of the equilibrium function, a decrease in which highly skilled athletes with the eyes closed is weaker than the low-skilled players. The average linear velocity with eyes closed increased in both groups, but highly trained athletes these changes are minor and low-skilled players expressed significantly. When comparing the values of angular velocity when performing the sample Romberg with open and closed eyes, the differences were insignificant in athletes of both low and high qualification.

From the foregoing we can conclude that highly trained athletes change stabilogram when you turn off the visual analyzer is negligible, whereas the low-skilled athletes significantly worse performance when cancelling a visual control.

Conclusion. Substantial differences in the characteristics of the system of vertical stability of the players depending on the level of sportsmanship. A highly skilled athlete in the preparatory phase of the BCT holds in the initial position, after which the BCT moves forward through the swing and comes back. Low-skilled player already in the preparatory phase moves BCT ago. At the time of impact, the trajectory of BCT is curved, which significantly reduces the effectiveness of the movement. In the final phase for balance the athlete performs an oscillatory motion in both directions. The formation of sports skills of the players accompanied by a decrease of oscillations of the center of pressure in the frontal plane and increased linear (but not angular) speed of movement along the line of impact, as well as a reduction in the importance of visual control in maintaining the balance.

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DOUBLY DISADVANTAGED? THE RELATIVE AGE EFFECT IN POLAND'S BASKETBALL PLAYERS

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INTRODUCTION. Categorizing players into respective age groups according to a cut-off date is typical of team sports (Baker et al., 2009). This process arises from the necessity of organizing the games for the purposes of competition among young athletes. This grouping leads to a situation in which players with even 12-month chronological age differences are competing against each other (Cobley et al., 2009). Consequently, there are considerable differences in the physical body structure of these athletes, which may hinder their development and promote disturbances in the process of sport talent identification (Williams and Drust, 2012). This situation results in the phenomenon of overrepresentation of players born in the quarter of a calendar year that is the closest to the cut-off date, called the relative age effect (RAE) (Delorme et al., 2010).
One of the main predictors of success in basketball is height (Silva et al., 2013; Torres-Unda et al., 2013). Additionally, anthropometric basketball players' body measurements are a key factor in selecting their position on the team (Ben Abdelkrim et al., 2010a; Drinkwater et al., 2008; Köklü et al., 2011). Therefore, the advantage in motor skills of relatively older players may disturb the assessment of a player's performance potential (Lockie et al., 2014; Sisic et al., 2016)
The existence of the RAE in basketball has been confirmed in youth and professional sports (Arrieta et al., 2016; Chittle et al., 2016; Delorme and Raspaud, 2009). However, this phenomenon has not been observed among the players of the national teams during the Olympics (Werneck et al., 2016). The only exception was the national team of France, where the occurrence of RAE among the entire population of basketball players was confirmed by another study (Delorme and Raspaud, 2009). Additionally, the RAE has not been reported in the National Collegiate Athletic Association (NCAA) in the United States (Chittle et al., 2016). Nevertheless, the RAE in European basketball is a phenomenon with a long-term influence, resulting in the overrepresentation of judges and coaches born in the first quarter of a calendar year (Schorer et al., 2011).
Skewed distribution of dates of birth was observed at any positon on the court regardless of sex (Arrieta et al., 2016). However, a basketball player's position in the field is related to body height and age at peak height velocity (APHV) (Ben Abdelkrim et al., 2010a). Additionally, boys enter their APHV much later than girls (Carvalho et al., 2011). Furthermore, a strong relation between the RAE and players' performance, called the PIR (performance index rating) index (Torres-Unda et al., 2016), has been observed. The statistical formula for calculating the PIR index generally classifies the player's performance and his/her impact on the team's performance. However, the PIR index may not have been sufficiently adjusted to the specific characteristics of youth basketball.
A player's age at puberty is a key distracting factor in the process of basketball selection (te Wierike et al., 2015). It has been observed that the weight of a basketball may considerably change the shooting strategy of young players (Arias et al., 2012). Therefore, players with a physical advantage over their peers may make more three-point attempts. Furthermore, there is a shooting technique in which the hands are held up high among young players, which may hinder effective defense for shorter players (Arias, 2012). Consequently, shorter players may choose to shoot from distances closer to the basket, often giving up long-distance shots completely. However, there has